

### In the Specification

Please replace the first paragraph on page 6, including lines 1-12, with the following amended paragraph:

Referring now also to Figure 2, the first weight 14 is preferably composed of #9 buckshot 17 that is secured inside the flexible shaft 12 between two plugs, a first plug 24 which is a lower plug and a second plug 26 which is an upper plug. The ~~first~~ second plug 24 26 is provided at a grip end 28 of the first weight 14, and the ~~second~~ first plug 26 24 is provided at an opposite head end 30 of the first weight. The first plug 24, which is preferably an ethylene propylene diene monomer (EPDM) tapered plug, is secured under compression of the buckshot 17, and the second plug 26 is preferably composed of silicon gel and is used to secure the first weight 14 approximately two (2) inches below the bottom 15 of a training club grip 32 provided on the shaft 12. The silicon gel will harden and adhere to the flexible shaft 12 within about twelve hours of application, thus producing the second or upper plug 26.